

## Who We Are

The Real Happy Hour is a local, community-wide campaign that was formed with Marathon County in April 2012. We have now expanded the campaign into Outagamie, Calumet and Winnebago County partnerships.

## Our Mission

A Tri-County Partnership in the Fox Valley Area created to strengthen families by advocating for more time to talk, listen, and connect.

## Why it Matters

Spending quality time together is important to prevent the challenges that kids and teens face everyday.

Every family can take the time to connect and establish positive relationships engaging in healthy behaviors.

# What is your Real Happy Hour?

Stay

**connected!**

**Follow us for more ideas  
of what you can do with  
your family!**

[www.therealhappyhour.org](http://www.therealhappyhour.org)



The Real Happy Hour



@Real\_Happy\_Hour



Real Happy Hour

Families  
Spending  
Quality Time  
Together



Every child needs time with a  
caring adult.

# Family Mealtime

- Children and teens that have frequent family meals together are less likely to use alcohol, tobacco and other drugs.
- Children and teens that have frequent family meals are less likely to be overweight and will develop healthier eating habits.
- Get your family on the mealtime track by making a commitment to eat and enjoy more meals together as a family.



# Family Playtime



- Children are happier and healthier when outdoor time is balanced with indoor time.
- Outdoor play time has positive effects on the mind, body and spirit for everyone, no matter the age.
- A family that plays together stays healthy together. Have at least 30 to 60 minutes of active, outdoor fun every day.

**It's as easy as... 1, 2, 3!**

- 1. It's Free!**
- 2. Anyone can do it**
- 3. Benefits all ages**

# Time Together

Whether it's eating dinner, playing outside together, going for a bike ride, or walking the dog, the time that families' spend together is important!

- Cook a meal together
  - Take a walk
  - Have a picnic
- Visit the farmer's market
  - Go for a bike ride
  - Plant a garden
  - Have a water fight

